

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



EAP Notes

Long Distance Holiday Celebrations

For most the holiday season is filled with happiness, joy and wonder. However for those with loved ones far away, the traditional festivities may not have the appeal they once did. Whether your loved ones are active duty military, grandma or grandpa, or another special relative overseas or across the country, you can still share the holiday cheer.

- ✳ **Celebrate on a different day.** Choose to celebrate when your loved one comes home or when grandma and grandpa come to visit. That way the holiday spirit can last all year long.
- ✳ **Record the Festivities.** Videotape ceremonies, parties, gift openings and school pageants. Let each child record a special message to his or her parent, grandparent or relative absent from the event. Send or email to that person as soon as possible.
- ✳ **Keep a journal.** Write about the daily activities or special events that are happening in your family. To a loved one, a child losing a tooth or even your dinner conversation is exciting. Mail or email it on a weekly or monthly basis.
- ✳ **Volunteer.** Do something for a good cause. By focusing on those in need, you'll be more apt to appreciate your own good fortune.
- ✳ **Choose your Attitude.** Rather than focusing on who is missing from your festivities, concentrate on the family members and friends that will be spending time with you. Staying positive will also help your children cope with a missing loved one.
- ✳ **Take care of Yourself.** The best way to combat the stress and loneliness that you may feel is to stay involved with others. Stick to your daily routine. Keep lunch or dinner appointments with friends and coworkers. Exercise to release tension. And remember to laugh.

For support and assistance with holiday-related issues, grief or stress, contact your Best Care EAP. A professional counselor is available to help and listen. For a confidential appointment please call, (402) 354-8000 or (800) 666-8606.

Holiday Grief

Much of the holiday season is focused on family and togetherness. However, for those grieving the loss of a loved one, the holidays can be difficult.

If you know someone who is grieving, consider offering the following helpful and supportive comments.

- I'm sorry to hear of your loss.
- Nothing I can say will make it better. Just know that you and your family are in my thoughts.
- Let me know if I can help in any way.
- I can only imagine how difficult this must be for you and your family.
- I will remember (lost loved one) in my thoughts.

Remember, usually it is better to say less than more.

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